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Continued from page 1

Festival Theatre Chichester reopens after major redevelopment



The new foyer at the new Theatre (Pic courtesy Philip Iley)

After three days, David has Church said "What's always been assumed about this Theatre is that it was built by the vision of one local man, Leslie Dornford-Marsh, supported by hundreds of other thousands of people, allocating their hard-earned pounds. The £20M project feels like it's recognized that success when the Theatre was first built, as a result and equally inspiring way. We open this city and region has responded and helped in so many ways, sometimes

with money, sometimes with time and effort, on its own way, very special. It's going to be tremendously exciting to open the Theatre with Peter Shaffer's *Amadeus*, nearly 50 years after the premiere of the Royal Opera of the Sun and Black Comedy, and particularly special for Peter to be with us to celebrate."

The refurbishment of the Festival Theatre has involved a careful marriage of old and new. It has preserved the sense and

architecturally significant features of the original modernist concrete shell. At the same time the redevelopment has incorporated essential spaces, major enhancements and a new entrance, did in darkness for the material, to house the new backstage facilities.

The redevelopment has been conceived and undertaken by award-winning architect Richard Thompson, whose work includes the national redesign of London's Royal

Court Theatre, Liverpool's Liverpool Theatre and recently The Shed at the National Theatre.

The building work has been carried out by Oakdene, a company with strong links to the West Sussex area. It has worked on many projects in the region including the Shoreham Harbour footbridge and now to block of Chichester College.

The £20M redevelopment project was launched in 2009, during the Festival Theatre's 50th anniversary year, in recognition that the building was opening on a scale way beyond what was conceived when it first opened in 1959.

The £20M project received also million from Arts Council England. This immediately enabled an additional £3 million in pre-playback support from businesses, trusts and individuals, and most notably, from West Sussex County Council and Chichester District Council who pledged £2.5 million and £500,000 respectively. The remaining funds have been raised by the £20M Campaign Committee and via Ambassadors. Over 11,000 people have now supported the appeal and the original fundraising target of five million has been met.

The new experience includes:

New main foyer and bar extension opening onto outdoor terrace and improved guest areas - making the Festival Theatre a welcoming destination for everyone.

Bigger foyer areas with more space, light and seating - and more in many levels.

Improved Access facilities with two new lifts, making the Theatre fully accessible on all levels.

Transformed auditorium with increased seating capacity and enhanced acoustics.

An increase in the outdoor terrace, improving reception and amenity by bringing audience closer to the stage.

Access enhancements including newly improved baggage facilities for visitors arriving and leaving the Theatre.

Changes to make the building more energy efficient including a new ground source heat pump system to reduce carbon footprint.

Support was documented from the Heritage Lottery Fund, whose grant of £100,000 supported the Theatre's restoration and funded Part 3 On, a year community participation programme celebrating the history of Chichester Festival Theatre and creating an archive that celebrates the past 50 years.

Man jailed for death crash

AN 38-YEAR OLD (REVEN) was sentenced to serve four years in a young offender institution after his passenger was killed in a crash near Chichester.

Harry Smith had admitted causing death by dangerous driving after James Williams, 26, from Rogate Road, died when his car rolled on to its side in Hailsham, near Chichester in September.

Smith, 38, from Tisbury, pleaded guilty to causing death by dangerous driving.

Two other 38-year-old girls were seriously hurt in the crash.

One was left paralysed from the waist down while



Harry Smith was sentence of the crash

the other suffered head and dental injuries.

James Williams said Smith had had his license for about seven weeks before the collision and had been stopped by police on "a number of occasions due to the nature of his driving."

Sgt Paul Hood said: "He had been issued with a warning on warning, which meant that if he had been stopped again, his vehicle would have been seized."

Smith was also disqualified from driving for four years and ordered to take an extended re-test before he can hold a license again.



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Anorak Corner

interesting snippets of
information about Chichester

Kingley Vale is known for its twisted and ancient
trees and includes a grove of veteran trees which
are among the oldest living things in Britain. It
also has superb chalk grassland and is one of the
most important archaeological sites in southern
England, with 14 scheduled ancient monuments

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Ford Open Prison absconder Christopher Street returned 13 years ago

A BNP who was named as being on the run from Ford open prison as Street himself actually landed himself in 13 years ago, it has emerged.

Christopher Street was named as one of eight dangerous men at risk of re-offending in a police appeal last week.

The 40-year old was on the run from the Category 2 jail in November 2001 after being

convicted of conspiracy to rob and firearms offences.

But he landed himself in four days later and completed his sentence.

Street was jailed for seven years for conspiracy to rob and firearms offences.

Det Sgt Joe Green, of Sussex Police, said: "In the initial mapping process of prioritising those absconders on whom we would

put our initial focus, Mr Street was identified as one of them we were watching.

"An officer has more identified that he is no longer wanted and he has been named as on the list."

Sussex Police said there were five men on the list named from HMP Ford. The men who officers consider to be most at risk of re-offending remain at large, they say.

Robert Bennett, 57, left Ford while on day release in 2004. He was jailed for life for murder after he stabbed a man to death.

Steven Davis, 55, absconded in March 2003. He was jailed for life for assault. He attacked a man with a metal bar.

Craig Hayler, 30, absconded on 20 March this year. He was serving 30 months for a burglary in Hove and has a record of convictions for

burglary theft and fraud.

Arloos Harwood, 29, absconded in Arloos Harwood, left Ford in 2004. He was jailed for seven years in 2004 for robbing.

Timothy O'Leary, 39, absconded in 2007. O'Leary, who also used the name Timothy McCarthy, was jailed for life for murder.

Derek Penmore, 49, walked out of Ford in June last year while on day release. He was serving life for murder.

The home has set up a unit to monitor absconders from the jail and since November, 25 offenders have been recaptured.

Two more charged with drink-driving

ANOTHER TWO motorists have been ordered to appear in court after being arrested as part of a crackdown on drink and drug driving in Sussex.

Harley Edgar, 46, was arrested at 11.15pm on a June after officers stopped his car in Yeadonpark Road, Chichester.

Edgar, of Worlelands Lane, Chichester, has now been charged with drink-driving and released on bail to appear at Worthing Magistrates' Court on 11 November.

Dean White, 39, was arrested at 11.15pm on 11 June after his car hit a lamp post in Parkfield Way, Chichester.

White, of Chichester Drive, Tinsley, has now been charged with drink-driving and released on bail to appear at Worthing Magistrates' Court on 10 October.

A total of 166 people have now been charged with offences in Sussex as part of Operation Druggedly.

Sussex Police's national crackdown. People at Sussex can see officers on duty with the details of people they suspect of drink or drug driving or visit www.sussexpolice.co.uk.

If you know someone is driving while over the limit or after taking drugs call 999.



Christopher Street (bottom right) landed himself in 13 years ago and completed his sentence. Top row (left to right): David Bennett (now home from prison and arrested in Hampshire), Craig Hayler (Hove), Robert Bennett (Arloos Harwood), Steven Davis (left to right), Arloos Harwood, Timothy O'Leary (Dover), Derek Penmore and Christopher Street.

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What's the difference between an incinerator and a gasification plant?

There was a lot of 'gassing' going on at the county council this week. The talk was over gas that might be in the ground and gas created from rubbish.

First up was an earlier proposal to drill for gas and oil at Waterlopp Green, but with the help of lovely David Jackson and his wife, Susan Jackson, in the anti-company, the idea was dropped.

Expecting, a separate proposal for what critics say is a giant new incinerator with a double chimney, that will bring us extra 10p HS 2p per day on to our residential and country roads, where our children live, breathe the air and play was given a big fat green light.

Old small like carpets

A fundamental question we have to ask is, what do we do with all the waste we produce? I mean the stuff that isn't recyclable? Like bits of old carpet. It's got to go somewhere.

Historically, provision is better than ours and the more we manufacture more new carpets that can be recycled later, and the more legislation informs that, the better for us all. Incinerators, for instance, have been known to contain chemical wastes that



Allis Moss

On the Case

aggravates asbestos and other health problems. But some argue there will always be rubbish that we'll need to get rid of, like more made fire carpets that can't be recycled.

What are we actually going to do to the carpets?

You and I are doing a enormous puzzle together. The clue for some seems a treatment plant that can organically remove the asbestos from old carpets then, produce emissions, to better. Is the answer gasification or incineration?

Not incineration, says Phil, a planning engineer from Bognor talks us the new treatment plant at Ford Industrial Estate near Arundel will produce clean air and the only by-product will be carbon.

I thought we wanted to reduce our carbon footprint?

"It's better than producing carbon from landfill," says Alis.

Maybe they should plant a small forest to eat up the carbon while creating the emissions?

Local planner Heidi Wilson says it's an incinerator and the proposal for it is probably lost for houses and businesses to destroy. "It will cost £1 million per kilowatt to transport any heat it probably" says she.

Depressed over emissions

For me, the most worrying thing is the emissions.

We might be tempted to hear the Environment Agency says it's fine as long as emissions are met. But Heidi says they should particularly like dealing in local heat units in a smaller plant that goes into the local chain.

The fact that protesters say such emissions could carry fire or not make us supporting.

What should concern us, too, is that the waste entering is the one, where the need is going to looking, won't be just from the county.

"Just when it floods the town will try and go through the village in Ford," worries Susan, another resident.

It does seem a little weird to build it in what I believe is a flood

plain, but stronger things have already happened.

With many other countries moving on from incinerators and another in Horsham just cancelling its contract, the decision to build this on people's doorstep - whatever you call it - seems grating.

And finally

Painted carpets, where do all our pets go after low costs? After broken relationships, I mean.

After various friends' last tips I've considered one decision, several dogs and cats have come. One cat, Philip, had a cat called Del that said that he had been added with other the various petted, and, though he continued to look after it. In June. Another cat, Gerald, said he was dog but his name. It was only thanks to Philip that he got over the broken heart.

Thank goodness we can't agree over the feline collection. Well, they're never your feline.



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Photo of the week

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Armed and Dangerous

Don't miss the amazing battle scene from the Henry 2nd Spring History Group this weekend in support of the Royal

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Businesses fed up by A27 need to fill out survey to help fight for improvements

MISSIONS badly affected by congestion along the A27 have been asking their might to the campaign to improve it.

The *A27 Action* campaign – launched last night – has already won plenty of support from West Sussex businesses of all different sizes.

Evidence has been flooding in from firms saying their frustration about how traffic jams affect their trade.

They have completed the 10-minute online survey at www.

chichesterherald.co.uk to help the campaign present its case for investment to the Government.

There is still time for other businesses to add their voice to the campaign and fill out the survey.

West Sussex County Council leader Louise Goldsmith said: "We really want to encourage businesses to take the time to fill in this survey."

"The more examples we can show of how the A27 affects our local economy from growing, the stronger our case to lobby the Government."

Evidence from businesses will continue to be gathered by West Sussex County Council during July and August, with help from business schools, before a business case is handed to the Government in the autumn.

The A27 is one of six routes in England being considered for investment by the Government.

The Chancellor will announce which of the six schemes are still in the running for investment in his Autumn Statement.

If the A27 is on the shortlist, the Government is expected to indicate what the preferred route for any improvements will look like and how much it would cost.

The Government would then determine how much funding can be committed.

Visit www.a27action.co.uk and complete the online survey.

If you are a member and support improvements to the A27, you can show your support by liking the *A27 Action* page on Facebook.

WSCC's Planning Committee refuse Celtique application for Wisborough Green

AN APPLICATION by Celtique Design for a new development near Wisborough Green has this week been refused by WSCC's Planning Committee.

The application was for temporary three-year permission for oil and gas exploration. Councillors refused it on the grounds that the applicant had not demonstrated the site represented the best option compared to other sites, has made highways access and would have an adverse impact on Wisborough Green as a conservation area.

Over 100 people attended the week's meeting at County Hall North in Hove to hear the debate and decision.

The meeting was webcast live and can be viewed online.

New library leads to borrowing bonanza in Midhurst

THE NEW MIDHURST LIBRARY, at Grove Community & Leisure Centre, has won a significant increase in new users in its opening at the end of March.

Statistics have confirmed that user levels in April, May and June were up over 40% compared to the three months period last year.

There has been a 10% increase in new users, 4,000 per month since the opening, while those last last month were a 90% increase on June roughly of 1999.

And following the first meetings of groups and activities for adults, as well as the start of the Summer Reading Challenge, the library is

looking to boost on its impressive start across the developments.

Geoff Edwards, Midhurst Library's Editor Manager, said: "I am delighted with the new library, particularly as we moved less than four months ago."

Since the move, one regular Monday evening toddler tale has made firm use continued to be popular, while activities for adults have just started.

Kate and Peter, Book Group and a reading group have all had their first meetings.

"Since March 31, the first three months at Midhurst library have seen up to a 90% increase in the

numbers of books, DVDs and story CDs loaned to library borrowers each month."

"This success has been with the hard work of our library staff and our fantastic volunteers."

"The annual summer reading challenge for primary aged school children has just begun and the Midhurst Mee will build on our success through the summer."

With a wide range of books available, along with CD audiobooks, DVDs and free Wi-Fi throughout the building as well as larger opening hours, the new may also be attributed to Midhurst Library's new self-service policy.

Leslie Rowland, West Sussex County Council's Cabinet Member for Facilities Services, said: "This is really positive news for Midhurst and our library is proving to be a great addition to what is already an excellent facility in the community."

"This change in opening hours has also improved accessibility for people wishing to visit the centre, as the weather is deep by a time which some have access a lot easier."

"The statistics regarding users here from the library since the opening speaks for themselves and we hope borrowers continue to enjoy the centre."



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Chichester Business

Too many 'F's' results in an 'X'

Wendy Christie
Editor of the Chichester Herald



Returning from my break away presents challenges with getting back in to the swing of things doesn't it. I shied at it for as long as I could but this week I checked back on to that swing. After a few intense hedges I floundered, it wasn't long before I started putting my creative rhythm once more.

I've enjoyed catching up with all of my clients, re-visiting what their challenges are and structuring a schedule for what next month has in store. The important to me that I get on well with those, which are of course helped by the fact that they

are all lovely people.

One conversation from this week sticks in my mind, which was with my client Laura Knowles, Career Manager from Richmond Wellcare. After outlining her situation, she brought me up to speed on how the business has been performing, what I was seeing. Although she says they're much, they're not to seek their most media company and although this surprised, I agree with her reasons why.

"I have worked in the corporate world for many years," explained Laura "I'd run my own business for a 3 1/2 years used to negotiations, deals and power struggles of a nature not for those something that I've noticed recently that I am unable to deal with."

"I've been on a new small media agency – they were fresh, vibrant and young, a breath of life in their own straight out of university. They have the internet back to front and they know how to create their much needed conversations to get our new business from there."

There was just one problem –

their style. After just a few weeks working with them, I found myself shocked when the Account Manager began to make oral conversations, or share personal information that would usually be sent, for friendship. I'm not used to it. Perhaps it's surprised me with just how conservative I am, but it is really conservative to expect professionalism? The manager asked my trust and I was just not certain I could continue to rely on the approach I was witnessing.

Surely when you work with someone for long enough conversations can become friendly how was your weekend? That sort of thing. But where's the boundary? I know as my business as a therapist I never bring my personal life into the clinic – the least someone has with me to work them and I pride myself on that.

Needless to say the amazing and the personal more that felt a

little too familiar have resulted in me cancelling my contract with this agency. On reflection, they didn't deliver and for me, their behaviour amounted to their attitude. Maybe that is why the same business as always? What about...?

After a moment of being Laura wasn't trying to make me aware of any of my own core boundaries, it made me realise how interesting and current this topic is. Just what did business become as personal? Is this how business is done these days, with an over familiar, casual approach?

As much as I'd love to have overboard one of these conversations, for example value, their where it stops. Shouldn't we all work hard to ensure the professional degree of separation remains, after all, most of results in a powerful time to reduce with and leave my own I am grateful.

Do you run a business in Chichester? Then share more with rights about your events, products or services you have about as others that may be affecting you, which may be discussed within a future business. Kylie@MindseyeManagement.co.uk #MindseyeMgmt

Chichester reaches all-time high for company formation

A NEW ECONOMIC report from Dorsetplus has revealed a there were a record number of company registrations over the last quarter of the year to Chichester.

The first quarter of the year saw a record number of new companies formed in Chichester, West Sussex.

Figures in a recent report from Dorsetplus show there were 117 new companies registered in Chichester over the three months – more than any other quarter on record and a 30% rise on the previous year.

The report also shows a 25% drop in company closures, suggesting trading conditions are improving in the area. In further good news, the UK company share of Chichester rose slightly during the period.

Managing Director of Dorsetplus Ltd, Peter Vilester commented: "The results we are seeing in Chichester, such as rising company formations and falling closures suggest that business confidence is on the up in the area."

The Dorset Business Confidence Report for Chichester contains a range of data and statistics to give an overview of the local business landscape. More information can be found at <http://www.dorsetplus.co.uk/dorsetplus>.

Dorset Business Confidence Reports are generated and released by Dorset Associates Ltd. The data contained in these reports is researched and analysed by Dorset using published data from sources including Companies House, Office for National Statistics and Ordnance Survey. Dorset Associates Ltd is a leading UK company formation agent, established to carry and registering around 50,000 new companies each year. Through its Companies House approved authority.

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Covers support Chichester High School for Girls as they officially open outdoor classroom



CHICHESTER HIGH SCHOOL FOR GIRLS, on Kingsham Road, Chichester, is showing all their pupils the highest quality of education in a safe, happy and sunny environment. In order to enhance their learning experience and the environment in which they are taught, Clara Stevens, Head of Learning for Year 7 at the school, set about building something a little different, a classroom outdoors. With the help of local timber and bradford merchants, Covers, Clara was able to complete this project ready for the new school year ahead.

On Friday 18 July, a week before the school breaks up for the summer holidays, the outdoor classroom was officially opened. The Mayor of Chichester, Councillor John Hughes, kindly visited the school to cut the tape and invited pupils, parents and staff into the

area to learn more about Clara's project. Guests were also treated to afternoon tea in the garden after the opening.

Clara said, "I wanted the girls to be able to learn in the outdoors

seasons, decking, railway sleepers, cement and lots more for the project, offering us fantastic prices too."

Added Clara, "I thoroughly enjoyed being involved in this



and expression outdoors at the same time. I used to look at work as laid in the grounds of the school, which wasn't being used, and created a performance area, ring for rushing, nature area, vegetable plot, a classroom area, arched and benches amongst the flowers.

"I would like the whole school to make use of the space whatever they can. It might be using painting what we've finished in the future area, like an acting classroom or it might simply be to hold a class outside in the main middle."

"Since I began the project I realised I needed quite a lot of materials to complete all the areas, so I wrote to Covers, as I know they were a family-run organisation with a depot just down the road from our school."

Michaela Beck, the Chichester depot's Manager, was great. He got in touch and was very helpful advising us on what were the best materials to use. Covers have helped

project for Chichester High School for Girls. The feedback that I was able to help share the experience and knowledge of staff at Covers in order to improve facilities at the school. The outdoor classroom is such a good idea encouraging children to get outdoors and learn about where they live."

Continued Clara: "On behalf of everyone at Chichester High School for Girls, I would like to thank Covers for their support, allowing us to complete our project within what was quite a limited budget. I would also like to thank the Mayor of Chichester for officially opening our classroom."

"Finally I must thank the parents who helped the project too. They really were the pillars in the construction of the whole area. We are very much looking forward to returning to school after the summer holidays and beginning to use the facility."

CHICHESTER Park Hotel

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Harmony Acupuncture

Chichester

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Arts & Entertainment

Comment New showing of *Conan* at Chichester

Cinema Review: Hercules



Hercules (R)

Directed by: Brett Ratner
 Starring: Dwayne Johnson,
 Ewan McGregor, Ian McShane,
 John Hurt, Joseph Fiennes



Dwayne Johnson's Hercules battles terrifying forces as a hero and rescued new info on this legendary actor here <http://www.hungry.com/entertainment/hercules/>

defying twelve labours, tormented Hercules (Dwayne Johnson) has become a battle-weary warrior who leads a band of outcasts. The King of Thieves (John Hurt) calls upon him to help end a bloody civil conflict by defeating a sorcery, brutal warlord. How Hercules must find the strength to become a hero again, that this will not simply be death against a formidable enemy, but a fight for his very soul. **Fast & Furious star**

Dwayne Johnson underwent eight months of intense training for his role as the legendary Greek demigod tough guy 'Hercules'. The last stand director Brett Ratner brilliantly captures up such mythological moments as the hydra and gorgon's head, while casting his 'Hercules' as last-pounding, grizzly muscle machine. The exceptional supporting cast includes Ewan McGregor, John Hurt, and Joseph Fiennes.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q In the world of WWE wrestling Dwayne Johnson is better known as

- THE UNDERTAKER
- KANE
- THE ROCK

Send your answer and include your full name address and contact phone number to competition@chichesterherald.co.uk. Competition will be held at 12 noon, Friday 11th November 2016 12 noon-12.15 pm. The winner will be notified on Friday 11th November via email. Prizes are subject to availability. Terms and conditions apply.



CineWorld Chichester
 Chichester Water, Chichester, PO19 1AB,
 01243 284 284

Chichester welcomes the 2nd annual Ride2Chi bike fest



The staging of motorbikes along East Street towards Brighton Square, towards The Green and towards North Street in 2015

CHICHESTER CITY CENTRE PARTNERSHIP has announced that the second spectacular Ride2Chi event will take place on Sunday 17th July along with up to 1000 motorbikes will be parked up in the city centre for all to see and enjoy, raising awareness of road safety, with proceeds going to the Kent, Surrey & Sussex Air Ambulance.

This year's free event, organised in conjunction with Chichester Chamber of Commerce & Industry and sponsored by Chichester BMV (Implores) is expected to attract several hundred motorbikes which will be staged on Sunday 17th July at 10.00, 50 of these will ride as

moving down North Street and along East Street, leaving up on one side of East Street, where they will be on display for two hours for the public to view. Any additional motorbikes are invited to remain parked up in Northgate car park for the duration of the event and at 2.00pm, the motorbikes will spectacularly ride off the premises, in convoy, out of the City.

The three aims of the event are to raise money for the Kent, Surrey & Sussex Air Ambulance; to promote road safety for motorcyclists and drivers; and to promote a healthier liveable space and event for the city.

Ron Long, City Centre Manager, comments: "We were delighted

by how many people came into Chichester last year to see the bikes and had reports from shops and houses that their windows were up on the same day. So we were very happy when Chichester Chamber of Commerce approached us to repeat the event this year. It's a fabulous live event for families who children might not be able to go to Goodwood or other events and it certainly makes a great addition for Sunday shoppers, visitors and tourists!"

Kent, Surrey & Sussex Air Ambulance relies on statutory funding and relies almost entirely upon the generosity of the public to keep the vital service going. They will be at the Market Green collecting donations towards the £15 million needed each year to keep their life-saving helicopter flying.

The Ride2Chi has the full support of Chichester and the Chichester & Brighton Partnership. The partnership will be displaying police fire engines and BMV motorbikes (Emergency Road and Police bikes) and will be giving help and advice on improving road safety with initiatives such as the Take Down motorcycle, developed after numerous accidents into the cause of injuries and collisions.

More information about Ride2Chi can be found at www.chichesterherald.co.uk and on Twitter at @ride2chi



Food & Drink

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Mixing alcohol with energy drinks makes us want to drink more



COMBING energy drinks with alcohol increases energy levels, a new study suggests.

Australian researchers found that young adults who consumed an energy drink mixed with alcohol had a small to moderate increase in their desire to keep drinking compared with people who drank alcohol alone.

"This is an important finding because it provides evidence of a mechanism through which energy drinks may increase binge drinking, and consequently, alcohol related harm among young people," said study author Barbara McEwen, who leads the substance use research group at The Australian National University Canberra.

There's been a lot of debate

greater alcohol consumption, and an increased risk of automobile accidents, as well as drinking related injuries from fights or falls, McEwen said.

Mixing in energy drink with alcohol is a popular trend among college students, leading researchers to wonder about the potential dangers associated with it.

For the study, researchers recruited 35 young adults in Australia, ages 18 to 30. Half the group was given a cocktail containing about 10 ounces of vodka, 10.5 ounces of a blue-flavored energy drink and nearly 9 ounces of a pineapple flavored fruit drink, while the rest of the participants had a cocktail containing the same amount of vodka and fruit drink mixed with 10.5 ounces of white wine.

Before receiving their cocktail, all the participants completed a questionnaire asking them to describe their typical use of alcohol, caffeine and drugs. Ten minutes after sipping their cocktail, the participants filled out a post-test questionnaire rating the drink's

taste and its effects on them, and then took a breathalyzer test to measure their blood alcohol concentrations.

The findings are published in the journal *Alcoholism: Clinical and Experimental Research*.

Coffee and caffeine

The results showed that young people who drank alcohol plus the energy drink liked the taste better, had lower average blood alcohol levels, and also reported a greater urge to keep drinking than those given the alcohol-only cocktail.

As for the possible mechanism behind the increased desire to drink more when combining energy drinks with alcohol, McEwen identified two potential culprit: caffeine and sugar.

She explained that the energy additives in energy drinks contribute to their palatability, and many consume people believe a long-lasting. Another reason could be the caffeine content, which might keep out alcohol's sedative effects and indirectly related to how much people like alcohol.

"In our study, we were unable to confirm whether or not people's desire to keep drinking was due to the sweetness of the energy drink, or the caffeine that it contained," McEwen said. Lend Lease.

A similar study done in the U.S. reported it was the caffeine rather than the sweetness that caused the effect, she said.

Some other unanswered questions are whether and to what extent combining energy drinks with alcohol increases how much alcohol people actually subsequently drink, McEwen said.

Researchers can't stress that a person's self-reported urge to keep drinking would result in consuming more alcohol in a real life situation, she said. Factors such as whether someone had the money to spend on buying more alcohol, if their friends are still drinking, and whether that individual wants to drive home or go to work the next day, can all play a role in the decision to keep drinking, or stop, McEwen said.

LICENSING APPLICATION LICENSING ACT 2003

NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the grant of a Premises Licence under Section 17 of the Licensing Act 2003.

Applicant: **Bally Gavin Personnel**

Postal address of premises: **West Dean Studios, Millers Lane, West Dean, Chichester, West Sussex, PO18 0QY.**

Description of application: **Retail sale of alcohol - Monday to Saturday 08:00 to 17:30 and Sunday 08:00 to 13:30**

A copy of the statutory register may be inspected at the address shown below between the hours of 08:48 to 17:10 Monday to Thursday and 08:45 to 17:05 Friday or by visiting <http://www.chichester.gov.uk/index.cfm?artId=161&id=7801>

Any Responsible Authority or other person wishing to make representations on this matter must submit those representations in writing to the Licensing Manager, Licensing Team, Housing & Environment Services, Chichester District Council, King Palace House, East Palace, Chichester, West Sussex, PO19 1TY or by email to: Licensing@chichester.gov.uk by no later than the 18th August 2014.

Please note that it is an offence knowingly or recklessly to make a false statement in connection with an application and an summary conviction for the offence, a person is liable to a fine not exceeding level five on the standard scale (currently £5,000).

Win a meal for 2 at Murrays

M
Murrays



Chichester Herald is partnering with Murrays to give away a delicious meal for two people every week!

The Chichester Herald will be running a 'Win a meal for 2' prize competition sponsored by Murrays in 'Farm to Fork' prizes every week where you have to guess the 'Farm to Fork' prize.

For your chance to win this amazing prize it's simply to guess the prize between the following photo question.

Can you guess where this picture was taken within the Chichester area?

For your chance to win this weekly competition email your answer/puzzle address and contact number to: news@thechichesterhd.co.uk

10th Street, Chichester, West Sussex PO19 1NH
Tel +44 (0)1243 778000 Email enquiries@thechichesterhd.net

Enter to close on: Wednesday 10 July 2014 at midday. The competition is for one winner who will receive a meal for two from the Murrays Farm to Fork. If no one guesses the prize, a second will be selected by Murrays every Friday. Entry ends on the 10th July 2014 at 11:59pm. The Murrays Foundation.



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We'll keep this brief: Are you ready for VAGINA pants?



YES, YOU read that right - students with graphic images of the female anatomy have been created by a young British artist. Stay back from art...

We were taught Evelyn Jones would have a competitor in the dodgy teachers department but we were wrong.

Young art student Eleanor Beth Harwell has created a pair of

VAGINA-printed pants. Yes you read that right - underwear with a detailed graphic of the female anatomy printed on them.

While we're not entirely convinced by the odd pants - give us a pair of lace French knickers any day - they could make a daring addition to your lingerie drawer.

The science-class worthy knickers are part of 16-year-old Eleanor's "If you are you are afraid of your own anatomy" collection and follow on from Tim The Hippo's bumbum.

While they may not be the sexiest pants you'll ever wear, they do provide a useful insight into the female reproductive system, clearly labelling the ovaries, cervix and fallopian tubes.

There have enough to die the postgraduate concerned believe that they come with an accompanying lex, which details the anatomy of the female.

They're bold, brazen and knowing boundaries - but would you wear them?

THE CHICHESTER WELLBEING TEAM is running a new programme of Wellbeing Weight Loss Workshops to help members lose weight, get fit and lead a healthier lifestyle.

If you want to get off the diet roller coaster and lose weight slowly through healthy eating, then the new Wellbeing Weight Loss Workshops offer the perfect solution.

The workshops cover a wide variety of topics from challenging the myths about diets, right through to how stress and lack of sleep may affect weight gain. The seven-week programme is designed to help people lose weight and keep it off.

The new workshops will be held at:

• **Chichester Community Centre** at Chichester Wednesday 27rd July 1 - 2.30pm

• **Worthing Leisure Centre** at Chichester Tuesday 6th August 7 - 8.30pm

The Solent Centre Thursday 14th August 12.30pm - 1.30pm

The Waterways Medical Centre Tuesday 15th August 1 - 2.30pm

The Grange 12 Midhurst on Wednesday 17th September 7.30 - 9.30pm

The workshops run over 10 weeks and include a weekly weigh-in and group discussion.

Anna Clear has led one two sessions through the programme. She said: "The Wellbeing Weight Loss Workshops are different to other weight loss groups. They educate you to be healthily minded and dispel all the myths about diets. The workshops teach you about nutrition and I won't eat really well - and I'm barely fit and hungry! I've tried foods that I never would have thought of trying before and find just tastes better now. The good thing is that you can still have the odd treat. You are encouraged to follow the 80/20 rule, which means 80% of what we eat should be healthy and

20% can still be a treat!"

Coventry Editor Leah, Cabinet Member for Wellbeing and Community Services at Chichester District Council, says: "The workshops offer more than traditional weight loss programmes. Instead of short-term goals and strict diets, the wellbeing team focus on long-term health and fitness. The goal is to improve many levels and tackle weight gaining habits and triggers. The sessions are also run by fully trained, enthusiastic and members are provided with a structured plan, tailored to their individual goals."

The workshops cost £10 per week. Anyone paying for so much at the start of the course will get two weeks free.

To sign up or for more information about healthy eating and weight management, contact Chichester's Wellbeing Team on email groups or email: chichesterwellbeing.org.uk

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Health benefits of Peanuts

Schools out for summer? Yikes!

So, helpful practices a handful, water essential building block of us. Lovely hot days and picnic in mid-July, parents are always looking for healthy snacks for our children and one of summer's favorite health benefiting foods, that has possibly more goodness than you realize is peanuts! I am not talking about the salad or dry roasted versions, but the natural unroasted, salt-free. Peanuts are rated up there in the top three cancer fighting foods, sharing the top spots with walnuts and pecans. Many studies are proving these little snacks can reduce tumors or even prevent them in the first place.

A handful of peanuts pack a serious punch of health enhancing properties. No matter your age, sex or gender, I would suggest including these in your everyday diet for the following reasons:

Peanuts are super rich in energy and contain health boosting nutrients, minerals, antioxidants and vitamins that are essential for optimum health.



Denise Kelly
Naturopath
Chiropractor

They contain excellent levels of mono-unsaturated fatty acids, especially oleic acid. This helps to lower LDL or 'bad cholesterol' and increases HDL or 'good cholesterol' level in the blood which will aid these fats as a good source of dietary protein, improve and fine quality source of acids that are essential for growth and development which most people

those days are deficient in.

Peanuts contain high concentrations of polyphenolic antioxidants, primarily p-coumaric acid. This compound has been thought to enhance risk of atherosclerosis by limiting the formation of atherogenic substances in the stomach. In other words, it should be there!

Peanuts are an excellent source of resveratrol, another polyphenolic antioxidant. Resveratrol has been found to have protective function against cancer, heart disease, degenerative

Arteriosclerosis



Walnuts and Pecans are amazing

Functions with the same specific benefits to the body when consumed as a regular basis. Walnuts and pecans, and other forms of nuts, inhibit the atherogenic process of their ability to keep the heart healthy. This is largely due to their fat content. They both contain unsaturated fat, which has been shown to lower cholesterol levels. Walnuts and pecans are similar to most nutrient rich, and both make great additions to your diet.

Almonds, cashews, and walnuts/forgo almonds

Unroasted nut oils reduce risk by altering molecular mechanisms in the blood vessels and by increasing production of the vasodilator hormone, nitric oxide.

Peanuts are an excellent source of vitamin E, containing about 12 g per ounce. Vitamin E is a powerful lipid soluble antioxidant which helps maintain the integrity of cell membranes of nerve membranes and also by protecting from harmful oxygen free radicals, which causes the bad stuff can get out and the good stuff can be absorbed better.

They are packed with many important B-complex groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B6, and folate. 100 g of peanuts provides about 80% of RDI of niacin, which contributes to heart health and blood flow to brain, so are essential for all ages.

Peanuts are a biologically rich source of minerals like copper, magnesium, potassium, calcium, zinc, manganese, iron, and selenium.

Peanuts are the perfect snack to assist with perfect health.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three offices in West Sussex. She also offers a health coaching to help with workplace and business life. For more information contact her at: denise@chubaid.co.uk or [01243 811111](tel:01243 811111).

Stress and anxiety relief

CAN YOU imagine your life without stress? Any level of stress leaves its mark on your mind and body. Even positive events such as a wedding or the birth of a child, living with them, some stress and anxiety.

Anxiety is a process and effective treatment for stress relief

and is becoming increasingly popular.

Through unbalancing chemicals with cortisol, the C in the body is able to flow freely in order to restore harmonious balance in the body. If you will find symptoms from physical symptoms, such as tense muscles, muscular pain

and high blood pressure which will allow you to feel relaxed and energized.

More importantly, regular acupuncture treatment is able to strengthen your body and improve the body's immunity, so you're able to deal with the day to day stresses of life more effectively.



A patient under Dr. Feng Wang's treatment.



Dr. Feng Wang and Susan Wang

Alternatively, acupuncture/Chinese massage can be applied to people who have a fear of needles. However, acupuncture (needles) is often applied to clients after acupuncture in order to enhance the effectiveness of the treatment.

In fact, in some cases, acupuncture is being used to treat conditions that are actually help detect another, more serious illness that has not been previously identified. In such cases, acupuncture aids in early diagnosis and treatment.

Remember, acupuncture/acupuncture is just one method of relieving stress. It's also important to learn positive and productive ways to cope with stress on a daily

basis, thereby maintaining them to help you enjoy a happier and healthier life.

Dr. Feng Wang is an associate of the ACPA and has been practicing his profession for over 20 years. He has been volunteering at CancerCare in Gloucester, which has helped to improve the health of many people. He also has his own clinic in Gloucester city centre.

Harmony Acupuncture Clinic, 4 The Chambers, 41 Chapel Street, Gloucester, PO16 1DL. G6 6EJ. 01243 577700. www.harmonyacupuncture.co.uk

Free consultations and free parking.

Chichester welcomes Kinesiology Taster Evening

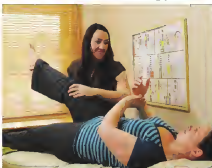
ON FRIDAY 15th AUGUST, Clare Saunders (Practitioner from Chichester's Balanced Wellness) will be offering a Kinesiology Taster Evening to individuals interested in furthering their skills in the subject.

Qualified as one of the pioneering Kinesiologists in the UK, Clare's eye-opening taster will ensure all who attend will receive a detailed insight to the life changing therapy, which uses muscle testing to create a communication with the body.

Renowned for its effective and natural solutions with treating pain, rheumatism and ongoing medical symptoms, Kinesiology qualifications provide people who believe that you can learn great health naturally, with the tools needed to develop healthy themselves, friends, family and clients.

The taster evening taster session is ideal for anyone who wishes to learn more, would like to improve their communication, or is eager to progress with learning a Kinesiology Practitioner.

Taking place in the beautiful purpose-built studios in the listed building at the Chapel Balanced Wellness Centre in Chichester, the evening event will be led by Clare



Saunders-Chichester, a taster for The Academy of Systemic Kinesiology (TASK) and lecture on all courses from Foundation to Diploma.

Our practitioners offer a variety of different therapies and techniques within their practice but at the core of their work is Systemic

Kinesiology," explains Clare.

"Developed by Dr George Goodheart in the 1970s, Systemic Kinesiology uses the theory of

muscle testing to discover the real cause of health problems and symptoms. It's a technique where we are able to discover the underlying cause of your health issue – be it physical, nutritional or emotional. The body clearly communicates to the practitioner what it needs to get well. We are excited about meeting our participants and look forward to working closely with all of them that are keen to progress with such a rewarding training programme."

The evening session fully accredited by The Association of Systemic Kinesiology (ASK), descriptions about the basic and intermediate study options available, will be explained in detail by Clare.

The evening session runs from 7pm – 9pm on Friday the 15th August. Tickets cost just £10 and are refundable upon any of the Kinesiology course bookings available.

To purchase your tickets and to find out more, please contact the Wellness Centre on 01243 537806. Or email info@balancedwellnesschichester.co.uk

Harmony Acupuncture Clinic

Herbal Acupuncture, Acupressure & Traditional Chinese Medicine

Suffering from Migraines? Help is at hand

Chinese medicine & acupuncture – a natural way to approach migraine

In Traditional Chinese medicine's philosophy, no stagnation (blockage), no pain. Using Chinese medicine Acupuncture, the stagnation can be removed, and the blood circulation in the head can be regulated. The body as a whole system can be balanced at the same time. So the treatment can release the symptom as well as to prevent it from happening. For people who are feared of needles, acupressure can be applied instead.

Dr Feng Wang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK). He has been practicing in a profession over 18 years and has his own clinic in Chichester town centre.



Dr Feng Wang has been providing acupuncture and other holistic therapies in London, Portsmouth and Chichester for over 5 years. Prior to this, having obtained his degree in Chengdu University of Traditional Chinese medicine he had practiced acupuncture and medical herbology in China for 12 years.

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Property



FEATURE PROPERTY:
ALDWICK BAY ESTATE
£695,000



A picturesque character residence situated on a green estate approx. 900 yards from the beach. The property has wavy elevated upper elevations under a finished roof. The specifications include: darkroom, dual aspect lounge, exp. dining room, kitchen, utility room, breakfast/family room, master bedroom with en-suite bathroom, three (3) other bedrooms, bathroom, garage and garden. EPC Rating: D.

For more information, contact Connecticut State Archives 01243 267026 www.mysticarchives.org



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Where possible, we used the following criteria to select the most appropriate study for each question:

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ALDWICK BAY ESTATE £515,000

An extended detached character house situated upon 400 yards from the private beach. The property has been extended and reconfigured and includes two aspect reception area partially converted into a front sitting room with open lounge/dining area. Kitchen/breakfast room, utility room, independently g.p. bathroom/reception room, an suite shower room, master bedroom with dressing area and an suite shower in associated bathroom, a small guestroom, main and well screened gardens. EPC Rating: B



ALDWICK £650,000

A character house situated on a corner plot. The specification of this well presented property includes g.t.h. double glazing, blue aspect lounge and open sitting room. Refurbished main with conservatory entrance, utility room, master bedroom with an suite shower room, four further bedrooms, family bathroom, separate w.c. garage and good size gardens. EPC Rating: F



ELMEST SANDS £455,000

A detached house situated in private estate approx 3 miles to the East of Bognor Regis. The property was constructed in 2001 and has a ground floor shower, master bedroom lounge with heating doors opening to the dining room, large conservatory, fitted kitchen/breakfast room, master bedroom with an suite shower, 4 further bedrooms, bathroom, garage and garden. EPC Rating: G



OLTON BAY £450,000

A detached three bedroom bungalow situated at the apex of the Oulton Bay estate, with very much of shape and space, 400 yards from the beach. The property is situated on a large plot of land. The property is situated on a large plot of land. The property is situated on a large plot of land. EPC Rating: C



PAGHAM £290,000

An attractive and unusual detached property situated in a quiet residential area just a mile to the North of Pagham. The property is situated in a quiet residential area just a mile to the North of Pagham. The property is situated in a quiet residential area just a mile to the North of Pagham. EPC Rating: G



WYTEMORE £375,000

A beautiful city spacious detached bungalow situated on a good sized plot in a quiet area with half a mile of open views and the beach. The property features a modern kitchen and open lounge and spacious conservatory in a peaceful location. G.P.H. three 23 lounge/dining room, separate sitting room, central hall, bathroom, conservatory, kitchen, master bedroom with ensuite shower room, second bathroom, bathroom, good size garage and large garden. EPC Rating: B



BOGNOR REGIS £175,000

A detached three bedroom bungalow situated on a good sized plot in a quiet area with half a mile of open views and the beach. The property is situated on a good sized plot in a quiet area with half a mile of open views and the beach. The property is situated on a good sized plot in a quiet area with half a mile of open views and the beach. EPC Rating: C

Motors

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EU considering crash data recorders for new cars



EVENT DATA RECORDERS (EDRs), often known as 'black boxes', could become critical to further improving motorised road safety.

The majority of new cars and some vans and other vehicles are already fitted with the technology, which is typically located in the engine control module, but there is no mandatory requirement or functionality standardisation.

Data is recorded during a road crash and, for a short time,

usually less than a minute, before and after the collision, and is typically accessed by the vehicle manufacturer.

The European Commission (EC) has asked transport research consultancy TRL to undertake a study on the deployment of EDRs in cars, light commercial vehicles, HGVs and buses and machines to 'improve road safety and access to justice'.

TRL will also report to the EC by the end of August.

Key issues that need to be decided include:

- Whether EDRs should be mandatory on all vehicles or certain categories of vehicles
- What data should be recorded
- Who has access to the data
- Who owns the data

Many companies on their already use journey data recorders to monitor driver behaviour and insurance studies highlight employees driving more safely and appropriately as a result.

Dr David Boyd, head of Insurance Services at the engineering and assurance Association at TRL, said: "There is a demonstrable reduction in crash risk if a driver is aware of, and is reminded that, their vehicle is fitted with a monitoring system."

"If fleet operators use recorders and feedback information to drivers, then they can expect a reduction in vehicle damage and insurance costs among other benefits."

Vehicle manufacturers typically access EDR data and interpret it to assist in the development of safer vehicles.

Additionally, governments can use the data to develop vehicle safety legislation improvements, the police and courts may use it to establish facts relating to a road crash and fleet managers could use the information to improve safety performance.

If the EC supports the mandatory fitment of EDRs, it is likely to request an impact assessment and cost benefit analysis to be undertaken about any legislative proposals.

An EC spokesman said: "The purpose of the study is to assist the Commission in deciding whether the fitting of EDRs in all vehicles or certain categories of vehicles could result in an improvement in road safety or have other positive consequences that would justify the adoption of European Union legislative measures and to assess the costs and benefits of such measures."

A legislative proposal could be made early next year. It would then take a further two to three years for it to be adopted with manufacturers being given a lead time to become compliant. Even if there was political will, it could be months before EDR standardisation was achieved.

The European Transport Safety Council's blueprint for road safety for 2020-2050 includes a call for the wider use of EDRs, particularly in fleet vehicles, to provide crash investigators with key information relating to accident severity, vehicle speed and manoeuvres.

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Sport

Celebrities including Edie Campbell, Vivien Westwood & Sarah Burton announced in Glorious Goodwood Magnolia Cup line-up

GLORIOUS GOODWOOD has today announced top names in both fashion and horses for this year's Magnolia Cup, presented by The Pirelli. For the fourth consecutive year, the exciting celebrity charity race will welcome a star-studded line-up of fashion catwalk, top fashion model and Ladies Day Ambassador Edie Campbell, and renowned fashion designers Sarah Burton and Vivienne Westwood. The ladies will take on the roles of jockeys, with designers to raise awareness in aid of two charities, The Riding Agency and the Equine Welfare Trust. The Pirelli Magnolia Cup line-up, including Ladies Day Ambassador and Ladies Day Ambassadors, Edie Campbell will be returning to the track once again, along with fellow jockey catwalkers, model in a message of The Clash Team Sessions, presenter Philippa Matfield and Sunday Times writer Emma Murrells. New faces will also take the reins this year for the first time including, Director of Royal London



Group Class Session and Eventer Tina Cook.

Edie commented: "I am very excited to have taken on the role of leading lady. I'm hoping that we can raise even more money than in previous years - hopefully

it'll still be the leading lady at the finish line but I have yet to start my training regime but I can't wait to get onto full jockey mode, lots of riding out-of-control seatbelts at just surrounded by my two on big horses."

The celebrity riders will be debuted out in longlines among also created by renowned fashion designers including: Vivienne Westwood, Sarah Burton, Janeane Garraway, Edie Pirelli and Linda. The jockeys and designers will be

leading it out on the track in aid of two special charities, The Riding Agency and the Equine Welfare Trust. The Riding Agency is a charity dedicated to giving everyone an equal chance in life by helping people become confident leaders and fast learners, a charity dedicated to ending child horse neglect in the UK, will benefit not only from spectator donations on the day but proceeds from the glamorous, annual Ragway Girls Ball hosted by Linda and Lady March at Goodwood House on Wednesday 26th July.

Glorious Goodwood kicks off on Tuesday 10 July in spectacular fashion as thousands of spectators flock to the downs to participate in what is considered the pinnacle of the sporting and social calendar. The style index on race day and the money even higher as fashion lovers and spectators horse racing take over the racecourse.



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